



**Autism Alliance SoCal**  
Building Meaningful Lives

## Building Friendships and Healthy Relationships for Teens on the Autism Spectrum and other Developmental Disabilities

Healthy friendships play an important role for teens as they strive for their independence. Friendships teach important life skills such as learning to share, compromise and set boundaries. Join the 4-part virtual workshop for Teens 13 to 17 years of age.



### Session #1-Starting a Friendship

**Saturday, May 31, 2025 - 10:00 AM to 11:30 AM PST**

Participants in this workshop will be able to:

- Identify necessary steps for beginning a friendship.
- Finding someone (qualities they value in a friend, qualities they bring to a relationship and establishing a connection).
- Exploring mutual interests and assessing if connection is reciprocal.

### Session #2 - Starting a Friendship (continued)

**Saturday, June 7, 2025-10:00 AM -11:30 P.M. PST**

Participants in this workshop will be able to:

- Practice entering and exiting conversations.
- Learn to use effectively electronic communication, voicemail messages, text, rules for use of the internet and social media.
- Setting boundaries and learning how to compromise in friendships.

### Session #3- Maintaining Friendships

**Saturday, June 14, 2025-10:00 AM to 11:30 A.M.PST**

Participants will be able to:

- Identify non-verbal cues in acceptance and disagreement
- Identify comfort level in sharing strengths, challenges and disability.
- Conflict resolution, consensus building and setting supportive relationships,

### Session #4: Deciding if a Friendship is Healthy or Unhealthy and Tackling Bullying Behavior

**Saturday, June 21, 2025- 10:00 AM to 11:30 AM. PST**

Participants will be able to:

- Identify qualities of a healthy friendship
- Identify qualities of an unhealthy friendship
- using relationship scenarios, make decisions using examples of healthy and unhealthy
- Identify and address bullying behavior

Each workshop session will incorporate interactive, concrete activities to support learning as well as resources and ideas for parents/caregivers to reinforce learning at home and in the community. Parents are welcomed to participate with their teen. This session will only be in English not translated into other languages. If there is need for translation services for parents to participate please reach out to AASC for a separate workshop series to be organized and scheduled to incorporate language interpretation services as needed.

### **Our Expert Speaker/Facilitator:**

**Terri Couwenhoven, MS, CSE** is a well-known certified sex educator and author, specializing in the design and implementation of sexuality programs and resources for individuals on the autism spectrum and other developmental disabilities, their parents, and the professionals who support them. Her gentle, matter-of-fact approach combined with extensive knowledge and experience make her a popular speaker with self-advocates, parents, and professionals around the country.



**Space is Limited to 20 Participants.**

**Email [info@autismsocal.org](mailto:info@autismsocal.org)  
or Text (818) 662-8847 to REGISTER**

**Flat Fee of \$400.00 for the four-part workshop series.**

The workshop series is vendored by Lanterman Regional Center. Inquire with your Regional Center Service Coordinator. It may be available to clients of other Regional Centers as well.

**Vendor# PD3625 - Subcode 10PG**

**To Register Email AASC at [info@autismsocal.org](mailto:info@autismsocal.org)  
or Call/Text (818) 662-8847**